

Ground Beef Stir Fry

There may not be time enough to thaw and cook a full meal. Or bits and pieces of leftovers in the fridge taunt with memories of yesterday's delicious meals. The food that is in there, like chili, may belong to someone else. This is when fun food adventure can begin. With a little burger meat and a variety of vegetables, a perfect dish, with no leftovers, can be created in 20 minutes or so. While I've made several types of beef stir fry, I doubt any two have turned out the same. That's a good thing! This dish does require vegetable oil.

Pre Cook Preparation:

Marinate: Not necessary

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with the meal, stirring frequently

Meal Adaptations:

Physical Accommodations:

Cook at a lower temperature

Frozen or canned vegetables can be used

Sit on a stool while stirring

Sliding the pan can work in place of stirring some of the time

Visual Accommodations:

Colored chopping boards

Contrasting color wooden spoon

Potential Food Allergy or Intolerance:

Beef

Chicken

Mushrooms

Onions

Pepper

Spices

Soy Sauce (commonly contains gluten)

Turkey

Meatless Preparation Avoid:**Beef****Chicken****Turkey****Substitute with:** _____**Utensils:****Can opener****Wooden spoon****Pan: 8 inch frying pan****Ingredients:****Meat: Choose 2 pounds of:****Beef burger, or****Turkey burger****Vegetables:****1/4 cup of broccoli****1/4 cup of carrots****1/4 cup of onions****1/4 cup of peas****Other ingredients:****2 tablespoons of cooking oil****Dash of salt****Spices, such as pepper, to taste****Preparation time: 10 minutes****Preparation:****Vegetables:****1. Chop:****1/4 cup of broccoli****1/4 cup of carrots****1/4 cup of onions****2. Prepare 1/4 cup of peas**

Meat:

1. Fry 2 pounds of burger meat until done on medium heat.
Turkey burger may need vegetable oil to fry without burning.

Combine:

1. Add to meat pan:
 - 1/4 cup of broccoli
 - 1/4 cup of carrots
 - 1/4 cup of onions
 - 1/4 cup of peas
 - Dash of salt
 - Spices, such as pepper, to taste
2. Bring to boil at medium heat.
3. Reduce to simmer.
4. Stir frequently, at least every 10 minutes.

Cook Temperature: Medium to low heat

Cook Time: 20 to 30 minutes

Servings: 2 to 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.

Add your oven time here: _____.